

yourself at all. That's extremely difficult to let your ordinary mind continue to judge yourself - at the same time trying to have the little I - become objective. All energy that has to go - the wish that has to go - to the wanting to have his little I remain existence - and do his work - remaining objective to oneself - the manifestations of oneself. All the energy you can bring to bear on that you have to put there - and that the ordinary mind has to be reduced. But as soon as you are ~~socalled~~ asleep again - your mind starts to function. That is you know again that it is function - and logically you start to think about Work. About the results - of what has been obtained - what was it for - why should I go through all ~~that~~ kind of difficult rigamarole - of trying to become objective to myself - unless there is something that is taking place - and I also must know - what are the results that I can notice of myself. That is why I say that - the tape on Wednesday probably could be useful because it will give you a measure - to what extent are you already on the right road. But don't make a mistake that you are not going to judge - with accordance with that what is ordinary life - and what we call in ordinary life better. Because that has nothing to do with the condition of the way we are and hoping for something that is better - because it could change that what we don't like. It is not in that direction that these measurements take place. They are solely in the direction of growth - and the growth of oneself - towards something we do not know - until we have grown up - and then we see what the requirements are -

for what belongs to that kind of development of growing out into something new. And what you are then - that is the kind of a measure that I am talking about. Logically again it is put into certain words that have to be formulated. For such times you have to be very quiet to see it. You have to exclude from your own world all kinds of other opinions - what other people have a view - but you have it yourself. You have to empty yourself - you have to be completely free. You really should get rid of all your prejudices - all the ideas - vanities and so forth of yourself - forget them. But you are alive - that is the most important part. With alive and with keeping going with your head up walking - not to sit down - and think that it is already too late - or that it cannot be done anyhow or that you have to give up. Never give up - as long as you breathe - never give up. All ways have the hope that something will happen - also you have to have the common sense to know - that you are trying to do it in the right way - and don't lose yourself and to think that you are working when you're not - it's a waste of energy. If you get up in the morning for one day in the coming week and again you make that day a day of work - not a day of austerity - that works also very well - but this time - it's a day of full activity but starting out early in the morning - on a certain level - which is becoming to Man. When he gets out of bed he has his eyes open and he realizes he is not awake perhaps but at least he exists - that he is breathing and then he is - for one moment conscious - and

then his day unfolds as he says what day will it bw. Then you make up your mind - you introduce your heart into that kind of a-division - to wish to make it - a really good day - and then you promise yourself - that you will be honest - that you will make it a promise - that you wish really to see the truth. And the truth is to be Awakw now - the truth is not judgement. Leave it alone for what you are - you are not going to change it at once - but you will be able to accept yourself the way you are. And with that you get data about yourself - afterwards you can think about it - you can weigh them and value them - you can do anything you like with them. But for that one day you make attempt after attempt p super efforts. Super efforts are - when things are not natural and you know it- Because many of our attempts have failed in the line of - I call it sailing with the wind. A super effort if when you have the wind against you - when your boat is leaking - when there is practically no sail - when the rudder is creaky - when there is no way of righting the boat but you have to hang on to it - and that you yourself are completely without shelter - sitting in the tropical sun - burning up and being blinded - by all the things around you - and then you say - God is great. Then you Work. Because you know that your life depends on it - and you still also know that it is not you- but it is something else - that is through you operating - and that probably - if hang on - while it's still at your feet - through all kind of suffering - if you hang on to that one

thing you know - I am -. If you could say that - and continue to wish to be Awake - it will change. Not in the way you think - it will change because you Be. And in being - nothing of that - what you experience in ordinary life matters. And then with this you turn around - and everything matters. Then you are a man. You see how difficult it is for me - not to become even emotional - or a little theoretical or to talk and all and to talk too much. Here I stand - that's the place. Children to your-welfare.

Because at the end of such a day - when you have honestly tried to work - you make up an account. You make up an account - as to the test to your honesty. Because you must not lean over backwards and think that it is work - when it is - and also you have to make sure that that what is really your conclusion that it is right. In that there has to be two things. One that you are grateful that you have made an attempt - the other is that you are not satisfied with what you have done. These are important things for the next day - because if you sit down on your laurels you are not going to work the next day. And how to keep going - because everything in ordinary life is against you - surely in the beginning. Only much later that's because there is enough power in you - or enough I - that the circumstances will change because there is that presence. (...) kind which is not the case - and that's what is of course bothering one is always you own make up. Your idiosyncrasies - the way you are - your personality - everything that belongs to your unconscious behavior - everything really that is you - and very very seldom comes a little - opening that is light - still it has to be - it has to be like that - it must be - and that is the only hope that you do have that every once in a while there is some - some hope - or some light - some lightness - some insight - some realization of deep self control - belittledness - constantly having in mind that what is your aim. In the back of your head - inside your heart - your aim. You bring it out once in a while - you look at it - you put it back - you say that is my aim. I do not forget. May God help me not to forget - I wish to work. I wish to grow up. I know what I've

done - at least - I think I know well enough - maybe not entirely - maybe not as complete as it should be but - I'm on my way. This is what you think about at the end of such a day. That kind of honesty - that kind of realization - how little - how small - how terrible - we are. And together with that - why do we constantly have hope. You see this is the important thing. Why is it - that one can remain interested - and regardless of the barest kind of a performance - have a realization sometimes of how little progress we make. When there is life it continues. This is for you all - the one determining factor. When you feel that you gradually disappear - as far as Work is concerned - that you lose interest - that there is not enough for you to sustain yourself - that there is really no more desire based on all kind of - rationalizations - or that it is too difficult - or that - you don't see any results or so forth - then soon as you start saying that you are dying. Man in accordance with his purpose of life - is that he is interested in objectivity. That is his real life - the rest is just a pepition. Of course it's nice - lovely - but it is not real. I don't know if you can see that distinction - because it is an entirely different classification of life - and it is almost - as if life of a different objective kind as if a different quality. I don't think it is. But I think it is only in its manifestations different. But life is always real within and without - wherever it is - wherever one is - wherever everything else is. As a life wishing principle -

to Be - I tell you before free but - to grow. By that I mean to find a place that is less and less encumbered. To move to such - little quarters - where there are less laws - where there are fewer possibilities of opposition - where in reality one can live one's life the way one wishes to live it. Sometimes in ordinary life we go to an island - like Gauguin - and forget about - obligations - and you see - as far as Gauguin was concerned - it was not really right - because he run away - and let the rest take care of itself his wife and his children - so that he could follow his art. One settles first with every obligation you have as soon as you possibly can - settle it. Don't wait - don't postpone paying your debts to mother nature. Day after day have it weigh heavily on you that you have to pay. That is the only way by which you finally will find the answer in objectivity - because with true objectivity has to be based on the realization of subjectivity becoming nothing - and how can you make it nothing unless you make a balance - with the payments that are due. Always settle those things first. Don't fall over board and become holy - or objective or so called Work. It's utter nonsense - when you fail in ordinary life - and I don't mean by that that you make money - or that you are an even an ideal husband. But that for yourself you reach in ordinary life already a balance - which is a reflection of that what might be - when later on you are in a real balance - and control and an ability to do. That of course you don't know as yet. The adjustment you

make in ordinary life is to make the best of it. But the adjustment you make in a life that is superior - is that it is the only life. Such realizations of these kind of distinctions I think you have to feel - there's no use talking about them. If you feel at the end of a day when you see yourself is two kinds of behavior forms. One in which you were serious when naturally made an attempt - to Wake Up - the other - in your ordinary unconscious state. It is not that you have to - criticize them - neither one or the other - take them for whatever they are - and see whatever there is has a balance already and how much has a percentage that has been spent for trying to make attempts. Don't judge it - don't judge yourself - don't think that you should have been better - you couldn't - but - see what you have been - what is there - then - that you can say this is real me - this is my own. I think this is the accounting you might say - in the presence of your conscience. That is why it is a question of feeling. The conscience is not to be talked about - the conscience is not to be put in any words. Your conscience is not a law on the books - your conscience is a voice - your conscience is music. It's the realization of a certain form of communication to you - without being - encased - in word form. But it is the substance sometimes in words - the content of - the vessel that you are trying to fill - which is not subject to the limitation of the word - in between the lines maybe. The vibrations

that are formed by the piano. Not the tones themselves - the combination of all of them - tones and overtones - harmonious and not so harmonious - but - in a certain rythm - constantly - telling you - telling you - telling you - Wake up - remember - Be what you ought to Be. Live.

Why should I say more. Because this in substance is the way your life should be - not that one day only - but - every day - whenever you can. Your conscience that is with you. How to develope it - you know - by Working. To have belief - that it is possible for you - and me - go to it. Do - do - all the time do - don't lose yourself in considering why you didn't - go ahead - now - now - each time - now. Whatever it is - however crippled you are - however sick they are maybe - how stupid maybe - all of that . Wake Up to it - so that I has a chance to see - the totality of your world - without any exception. Accept it - whatever it is. I've compared it every once in a while with the exploration of the world with mountains and wherever - there are ravines and fivers and what - whatever it is - don't think that you smooth it over first with a Buddah - not necessary - take it as it is - as is seen constantly - in the proper relationships - the proper values - the ups and downs. Here it is. Your life - your day - your experience - your personality - all of our - whatever that is now that is walking on earth with you. And with that you Work - now - and not later - Now! Try to remember it.